

Sesame Soy Chicken

Category: Chicken

Servings: 4

Rating: 10

Source: Amer. Heart Assn. Cookbook

Description:

Ingredients:

1 onion	1 chopped fine
1 lime juice	1/2 cup
1 lemon rind	1 teaspoon grated
1 soy sauce	1/4 cup
1 sherry	1/3 cup
1 ginger	2 tablespoon grated fresh
1 orange juice	1/4 cup concentrate
1 sugar	1 tablespoon
1 garlic	3 cloves minced
1 hot pepper oil	1 tablespoon
1 chicken thighs	12
1 sesame seeds	1 tablespoon, toasted

Instructions:

Combine first ten ingredients. Pour over chicken and marinate several hours or overnight. Put chicken and most of the marinade on a cookie sheet lined with oiled aluminum foil. Bake at 400° (preheated) for 35 minutes or till done, basting a couple of times with the marinade. Sprinkle with sesame seeds, if desired. (I stir-fried a little onion in a pan sprayed with PAM, then added some of the marinade, a little at a time and cooked it down, then added chopped broccoli and just steamed it in this. Serve with baked sweet potatoes and couscous.)